

# Healthy Diet for Happy Bunnies

**THE ULTIMATE GUIDE TO RABBIT  
NUTRITION**





# Why a Proper Diet Matters

- ▮ 80% of rabbit health issues are caused by poor diet.

- ▮ A good diet keeps digestion healthy and teeth trimmed.

- ▮ Healthy food means a longer, happier life for your bunny.

# Understanding Rabbit Nutrition Needs

- ▮ **High fiber** (mostly from hay) is essential for gut health.
- ▮ **Low sugar** prevents obesity and diabetes.
- ▮ Balanced meals: hay, leafy greens, a few pellets, and fresh water daily.





# What Should Rabbits Eat Daily

- ▮ Unlimited fresh **grass hay** (timothy, orchard, or meadow).
- ▮ 1 packed cup of **leafy greens** for every 2 pounds of body weight.
- ▮ **1-2 tablespoons** of high-quality pellets.
- ▮ Access to **fresh water** 24/7.

# Best Leafy Greens for Rabbits

▮ Safe and healthy greens:

▮ Romaine lettuce

▮ Basil

▮ Cilantro

▮ Parsley

▮ Dandelion greens

▮ Rotate different greens to keep meals interesting.





# Foods to Avoid

- ▮ **No iceberg lettuce:** too much water, no nutrition.
- ▮ Limit sugary fruits like bananas and apples.
- ▮ Never give bread, cereals, seeds, nuts, or processed foods.



# Common Feeding Mistakes

- ▮ Overfeeding **pellets** leads to obesity.
- ▮ Too many fruits cause stomach upset.
- ▮ Not enough hay causes dental problems and gut issues.

# Signs of Poor Nutrition

- ▮ Overgrown teeth and drooling.
- ▮ Small or soft droppings.
- ▮ Low energy and sudden weight gain.
- ▮ Dull coat and hair loss.





# How to Transition a Rabbit to a Better Diet

- ▮ Add new leafy greens **slowly over 7-10 days.**
- ▮ Decrease pellet quantity gradually.
- ▮ Monitor poops and behavior daily.
- ▮ Sudden changes can cause digestive shocks.

# Special Diet for Baby, Adult, and Senior Rabbits

▮ **Baby rabbits (under 6 months):** Alfalfa hay + alfalfa-based pellets.

▮ **Adult rabbits:** Timothy hay + high-fiber pellets + fresh greens.

▮ **Senior rabbits (over 6 years):** Adjust diet based on weight and dental

▮ health; softer greens may help.



# Fun Real-World Tips

- ▮ Scatter hay around play areas to encourage natural foraging.
- ▮ Stuff greens inside cardboard toys to keep them mentally active.
- ▮ Keep water bowls clean—rabbits often drink more than you think!





# Conclusion

- ▮ A healthy diet prevents 90% of common rabbit health problems.
- ▮ Focus on fiber, fresh greens, and clean water every day.
- ▮ Small changes today mean a lifetime of hopping happiness!